



Crispy Kale Chips

Ingredients:

- 2 cups of kale (stuffed it in the measuring cup)
- 2 tsp olive oil
- Sea salt

Directions:

1. Preheat the oven to 450 degrees. Strip the kale leaves off the kale and rinse. I like to blot dry with a paper towel.
2. Spread the leaves out on a cookie sheet and lightly coat with olive oil.
3. Place the cookie sheet in the preheated oven. Set the timer for about 5 minutes and take the kale out. Use tongs to turn the kale a few times so that it is evenly coated with the olive oil and so that it doesn't burn.
4. Use your sense of smell and if you smell it burning take it out and turn it again.
5. Turn a few more times until it is crispy but not burnt. Sprinkle with a good quality sea salt to taste.

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, daily healthy fat.

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